



William T Fujioka
Chief Executive Officer

COUNTY OF LOS ANGELES
Department of Mental Health
550 S. Vermont Avenue
Los Angeles, California 90020



Marvin J. Southard, D.S.W.
Director

PRESS RELEASE

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CONTACT: Kathleen Piché
213-738-3700

kpiche@dmh.lacounty.gov

Karen Zarsadiaz-Ige

213-351-5297

kzarsadiaz@dmh.lacounty.gov

HOW TO COPE WITH UNEXPECTED EVENTS

Community encouraged to call ACCESS line (1-800-854-7771) if they need to talk to someone.

Los Angeles, CA – Events, such as today's incident at the Los Angeles International Airport (LAX), are unexpected and challenge our sense of safety and security. We know that sudden, unforeseen events can result in a range of emotional reactions which are normal and are to be expected.

There are several things you can do to help yourself, your family and others when these incidents occur:

- Reassure your family and loved ones, especially your children, that law enforcement and first responders acted decisively to end the event, and are doing everything possible to return to normal business.
- Help your neighbor or others if they are having severe reactions to the event.
- Avoid over-exposing yourself and your family to the incident via the media (e.g., news coverage, social media, etc.)
- Resume your routine as much as possible.
- Try to avoid the immediate area, as well as nearby areas, where the incident occurred.

The Los Angeles County Department of Mental Health (LACDMH) encourages residents to call the 24-hour ACCESS helpline (1-800-854-7771) if they feel the need to speak with a professional. The confidential helpline is available year-round for the community.

(More)

The Los Angeles County Department of Mental Health is the largest county-operated mental health department in the United States, directly operating 75 program sites and more than 100 co-located sites. Each year, it contracts with approximately 1,000 agencies and individual practitioners to provide a spectrum of mental health services to more than 250,000 residents of all ages. The Department's mission -- enriching lives through partnership to strengthen our community's capacity to support recovery and resiliency -- is accomplished by working with stakeholders and community partners to provide clinically competent, culturally sensitive and linguistically appropriate mental health services to clients in the least restrictive manner possible.

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